



1
00:00:13,009 --> 00:00:03,889
hello I'm Sunny Williams I'm up here on

2
00:00:19,849 --> 00:00:16,189
it's like a glass bottom boat

3
00:00:22,570 --> 00:00:19,859
this is the cupola it sticks down below

4
00:00:24,650 --> 00:00:22,580
the space station

5
00:00:26,330 --> 00:00:24,660
it's one of those places you find

6
00:00:27,830 --> 00:00:26,340
yourself hanging out in all the time

7
00:00:29,570 --> 00:00:27,840
because all you want to do is look back

8
00:00:30,950 --> 00:00:29,580
at our planet I think some questions I

9
00:00:33,350 --> 00:00:30,960
had were about what do you do in your

10
00:00:36,650 --> 00:00:33,360
free time and you can't help but want to

11
00:00:38,630 --> 00:00:36,660
just come to the cupola and look outside

12
00:00:41,450 --> 00:00:38,640
as much as you can

13
00:00:43,610 --> 00:00:41,460

and a lot of folks I I play this game

14

00:00:45,110 --> 00:00:43,620

with myself about where we're flying

15

00:00:46,729 --> 00:00:45,120

over the Earth

16

00:00:49,670 --> 00:00:46,739

I try to come in here and just guess

17

00:00:51,229 --> 00:00:49,680

after being here for a little while you

18

00:00:52,670 --> 00:00:51,239

can sort of figure it out you can tell

19

00:00:54,410 --> 00:00:52,680

different cloud types over different

20

00:00:56,689 --> 00:00:54,420

continents you can tell different soil

21

00:00:58,369 --> 00:00:56,699

types over different continents

22

00:01:00,709 --> 00:00:58,379

so let's see and then of course there's

23

00:01:03,290 --> 00:01:00,719

a lot of ocean so usually we're over the

24

00:01:04,910 --> 00:01:03,300

ocean at first glance

25

00:01:14,210 --> 00:01:04,920

I will tell you in just a moment where

26

00:01:18,710 --> 00:01:16,249

right now we are right over Africa it's

27

00:01:20,450 --> 00:01:18,720

a little bit cloudy as you can tell

28

00:01:22,789 --> 00:01:20,460

so we're right over the continent of

29

00:01:25,249 --> 00:01:22,799

Africa

30

00:01:27,469 --> 00:01:25,259

hey what's that

31

00:01:29,569 --> 00:01:27,479

I think that's a soyuz spacecraft that's

32

00:01:32,990 --> 00:01:29,579

the spacecraft that's taken us home to

33

00:01:35,450 --> 00:01:33,000

planet Earth today oh my gosh we might

34

00:01:37,249 --> 00:01:35,460

have to go take a look at that

35

00:01:39,109 --> 00:01:37,259

that's pretty cool it's a little bit

36

00:01:41,330 --> 00:01:39,119

smaller than the rest of uh the

37

00:01:43,969 --> 00:01:41,340

spacecraft the space station so you'll

38

00:01:45,590 --> 00:01:43,979

see um if we go there it'll be a little

39

00:01:47,149 --> 00:01:45,600

bit more crammed

40

00:01:48,889 --> 00:01:47,159

but we're going you can look all the way

41

00:01:51,170 --> 00:01:48,899

back to the back of the spacecraft which

42

00:01:52,850 --> 00:01:51,180

is where the Russian segment is and then

43

00:01:56,569 --> 00:01:52,860

you could look all the way forward to

44

00:01:58,550 --> 00:01:56,579

the front of the spacecraft where the

45

00:02:00,350 --> 00:01:58,560

where the Japanese laboratory the

46

00:02:02,749 --> 00:02:00,360

European laboratory and the American

47

00:02:04,910 --> 00:02:02,759

laboratory are

48

00:02:07,370 --> 00:02:04,920

and then back to the solar arrays where

49

00:02:23,869 --> 00:02:07,380

we started in the this morning when we

50

00:02:30,050 --> 00:02:27,050

so other questions that were here are

51
00:02:33,050 --> 00:02:30,060
um what would you recommend as a job

52
00:02:35,089 --> 00:02:33,060
if so and to what type of person would

53
00:02:37,610 --> 00:02:35,099
want to be an astronaut I think people

54
00:02:39,229 --> 00:02:37,620
who would like to explore uh of course

55
00:02:41,869 --> 00:02:39,239
people who like math and science that's

56
00:02:44,110 --> 00:02:41,879
what this is all about that we have

57
00:02:47,390 --> 00:02:44,120
people in the office who are doctors

58
00:02:50,509 --> 00:02:47,400
teachers veterinarians Engineers Pilots

59
00:02:51,830 --> 00:02:50,519
so all sorts of people become astronauts

60
00:02:54,229 --> 00:02:51,840
and I think if you could you see it's

61
00:02:55,610 --> 00:02:54,239
just sort of cool so I think people who

62
00:02:57,589 --> 00:02:55,620
like to do a little adventure and like

63
00:02:59,210 --> 00:02:57,599

to do cool stuff probably usually become

64

00:03:01,369 --> 00:02:59,220

astronauts

65

00:03:02,750 --> 00:03:01,379

hey one thing I didn't show you or I

66

00:03:05,330 --> 00:03:02,760

talked about but I didn't show you was

67

00:03:08,390 --> 00:03:05,340

the exercise one another piece of

68

00:03:10,070 --> 00:03:08,400

exercise advice which is the advanced

69

00:03:12,410 --> 00:03:10,080

resistive exercise and that's what this

70

00:03:17,270 --> 00:03:12,420

is right here this is a red and you

71

00:03:22,250 --> 00:03:19,670

you just do a little bit of maneuvering

72

00:03:32,630 --> 00:03:22,260

here stand by you have to set it up just

73

00:03:32,640 --> 00:03:36,890

hold on

74

00:03:36,900 --> 00:03:44,089

show you how this works

75

00:03:47,330 --> 00:03:45,530

so you can see you can change your

76

00:03:49,490 --> 00:03:47,340

attitude just by

77

00:03:52,729 --> 00:03:49,500

going from one module to the next going

78

00:03:55,369 --> 00:03:52,739

up from from the cupola down here

79

00:03:57,110 --> 00:03:55,379

this is what we call the a red and with

80

00:04:01,390 --> 00:03:57,120

this

81

00:04:07,850 --> 00:04:04,250

based on vacuum in these cylinders just

82

00:04:10,670 --> 00:04:07,860

like you do at home at a gym for example

83

00:04:13,789 --> 00:04:10,680

if I wanted to do a squat I could do it

84

00:04:17,569 --> 00:04:16,069

let's need some weight on this thing I'm

85

00:04:22,009 --> 00:04:17,579

not lifting with anything so it's sort

86

00:04:24,890 --> 00:04:23,510

one of the cool things you could do you

87

00:04:27,590 --> 00:04:24,900

could do things that you can't do at

88

00:04:29,990 --> 00:04:27,600

home for example single leg squats with

89

00:04:32,330 --> 00:04:30,000

just one leg because the other leg you

90

00:04:34,189 --> 00:04:32,340

won't fall over

91

00:04:36,409 --> 00:04:34,199

so all sorts of stuff you can also do

92

00:04:37,969 --> 00:04:36,419

bench press we have a bench that we

93

00:04:48,909 --> 00:04:37,979

could add on here

94

00:04:54,550 --> 00:04:52,550

hey Aki what are you doing down there

95

00:04:56,810 --> 00:04:54,560

crashing things

96

00:04:59,210 --> 00:04:56,820

this is one of the cool things about

97

00:05:01,610 --> 00:04:59,220

space too it sort of looks like there's

98

00:05:03,290 --> 00:05:01,620

a big old hole here but you don't even

99

00:05:06,590 --> 00:05:03,300

think twice about it you could just jump

100

00:05:17,890 --> 00:05:06,600

over the hole or if you want you can go

101
00:05:28,570 --> 00:05:20,029
then you can come right back up again

102
00:05:32,689 --> 00:05:31,129
we were lucky we have a really cool big

103
00:05:35,990 --> 00:05:32,699
space station that you can fly around

104
00:05:37,490 --> 00:05:36,000
and that's actually called the pmm you

105
00:05:39,650 --> 00:05:37,500
might have saw it out the windows a big

106
00:05:41,570 --> 00:05:39,660
silver canister what's really great

107
00:05:44,270 --> 00:05:41,580
about that is it's essentially our

108
00:05:46,370 --> 00:05:44,280
closet in our pantry or whatever you

109
00:05:48,529 --> 00:05:46,380
want to call it we have extra food down

110
00:05:50,930 --> 00:05:48,539
there we have extra clothes we actually

111
00:05:52,909 --> 00:05:50,940
throw the trash out down there so it's

112
00:05:55,129 --> 00:05:52,919
nice and organized and we have all of

113
00:05:57,409 --> 00:05:55,139

our stuff that we need while we're

114

00:05:59,809 --> 00:05:57,419

working in all these other modules all